

# Active Living Beyond Cancer

## Regular Exercise Has Been Proven Beneficial for Cancer Patients Before, During, and After Treatment!



The **Active Living Beyond Cancer Program (ABC)** is evaluating how a web-based exercise program can help you feel and be your best.

If you have been diagnosed with breast or prostate cancer and enjoy using the internet you may be eligible to participate in this **FREE** study.

Want to learn more?

Contact us at

[chip@cvage.ca](mailto:chip@cvage.ca)

514-489-6630

or visit us at

[myhealthcheckup.ca/abc](http://myhealthcheckup.ca/abc)



Programme complet d'amélioration de la santé McGill  
McGill Comprehensive Health Improvement Program

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Réseau de  
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Network

**If you agree to participate in this study, you will be asked to undergo the following procedures:**

- You will have an **initial visit** at the McGill Comprehensive Health Improvement Program (**CHIP**) located at the YM-YWHA 5400 Westbury Avenue Montreal; near Snowdon and Côte-Sainte-Catherine metro stations. Visit **duration 60-90 minutes**.
  - During this visit you will meet with a CHIP physician who will briefly examine you and ensure that you can exercise safely.
  - You will also have the opportunity to have your cholesterol and blood glucose levels assessed (optional).
  - A health professional will give you access to the e-health website and will help you complete the various health assessments to evaluate your current levels of fatigue, sleep quality, stress, anxiety, and mood.
  - You will improve your fitness using an online physical activity program designed to improve your health and feel better. This will include an 8-12 week physical activity challenge where you will track your daily steps (free pedometer provided) or the amount of physical activity you perform each day.
  
- **CHIP supervised exercise visits**
  - You will have the opportunity to take part in a supervised exercise program **once a week for 60 minutes** at the YM-YWHA in small groups of 10-15 individuals for 8-12 weeks (optional).
  
- You will have a **final evaluation** at the CHIP clinic. Visit **duration 30-60 minutes**.
  - During this visit a health professional will briefly examine you.
  - You will also have the opportunity to have your cholesterol and blood glucose levels assessed (optional).
  - A health professional will help you complete the various health assessments to evaluate your current levels of fatigue, sleep quality, stress, anxiety, and mood.

**Physician referral to Active Living Beyond Cancer Program**

Patient Name: \_\_\_\_\_ Date: \_\_\_\_\_

Contraindication to moderate exercise?  No  Yes, please specify:

\_\_\_\_\_  
\_\_\_\_\_

Physician Name: \_\_\_\_\_ Signature: \_\_\_\_\_

